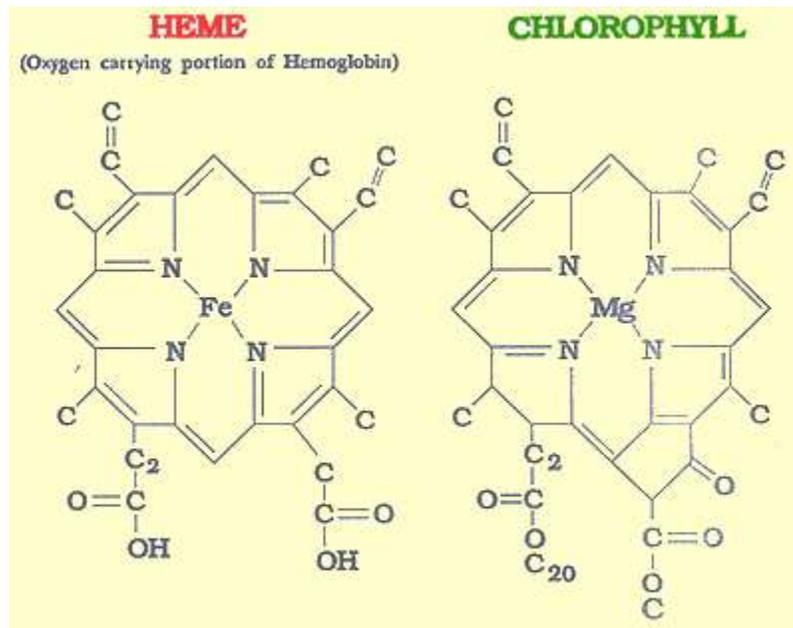


Protect Your **Heart** • Eat More **Plants**.



Shown above are a molecule of human blood, hemoglobin, and a molecule of “plant blood,” chlorophyll. These can be seen in a variety of ways. An artist might notice that the colors red and green are “complimentary” on the color wheel. We might observe that these molecules appear to be nearly mirror images of each other. A chemist would point out the difference; that in hemoglobin the central atom is iron (Fe) and in chlorophyll it is magnesium (Mg).

In the 1800’s Julius Robert Mayer, a German surgeon, discovered the process of photosynthesis where “Plants convert light energy into chemical energy.” His description is poetic:

“Nature has put itself the problem how to catch in flight light streaming to the Earth and to store the most elusive of all powers in rigid form. The plants take in one form of power, light; and produce another power, chemical difference.”

We now know that the reaction between carbon dioxide and water, catalysed by sunlight, produces sugars and oxygen. Animals breathe in the oxygen and exhale carbon dioxide which is utilized by plants.

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When we ingest chlorophyll, its vitamin B12 component helps to make red blood cells which transport oxygen from our lungs to all of our other cells. The greater our oxygen capacity, the more energy we have available.

The word chlorophyll comes from the Greek: chloros meaning green, and phyllon meaning leaf. The chlorophyll content in leafy greens makes them nature's primary source for the essential mineral magnesium!

In traditional Chinese medicine, magnesium is revered as "The Lamp of Life," and in modern western medicine it is considered essential to life. It is a key component of cells, regulating hundreds of enzyme pathways, ion transport and energy production. It is critical for heart muscle function. In fact, emergency aid for heart attack victims is IV administration of magnesium.

The first recorded heart attack in this country was in 1920.¹ Today cardiovascular disease has become epidemic; the number one cause of all deaths, 25 percent.²

Today, up to 80 percent of Americans suffer from magnesium deficiency. Our diets have changed dramatically since 1920! We eat far fewer plants. A century of industrialized agriculture has depleted the soil of vital nutrients, including magnesium. Consequently we should seek locally grown foods, organic when possible, provided by farmers who care for their soil. This source of leafy greens will nourish our hearts.

For those low in magnesium, supplementation is beneficial, even essential. In my next newsletter, I'll discuss some signs of magnesium deficiency and the best forms of supplementation.

1. http://www.who.int/cardiovascular_diseases/en/cvd_atlas_27_MILS_1856_1967.pdf

2. CDC, National Vital Statistics Reports. 2011; 60(3)

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